



We Are Family! Somos Familia!



Dennis Diengo, Michael Manalang, Luis Rojas, Michael Bayas, Liezl Concepcion, April Orille, Melanie Puno, Teacher Barbara Moodie, Bethony Genovea, Jenny Shader, Andy Ovaes and Cathy Shader are one big "School Family."

"Las Familias Escolares" de San Antonio permiten a los estudiantes desarrollar un sentido de comunidad

Jenny Shader es una estudiante del grado ocho que es inteligente, articulada y amistosa. Como muchos jóvenes de su edad, Jenny tiene la responsabilidad de ser una estudiante aplicada y laboriosa en sus clases. Jenny, sin embargo, tiene algo que no tienen la mayor parte de los estudiantes del grado ocho - diez niños.

Jenny es la "madre" de diez estudiantes más jóvenes que son

-continua en pag 7...

St. Anthony's "School Families" allows students to build a sense of community

Jenny Shader is an eighth grade student who is bright, articulate and friendly. Like most kids her age, Jenny has the responsibility of being an attentive and hardworking student in her classes. Jenny, however, has something that most eighth graders don't have - ten children.

Jenny is the "mother" to ten younger classmates who are her "children" in a new venture into cooperative learning at St. Anthony's School. The children's "grandmother" is 3rd grade teacher Mrs. Barbara Moodie. Collectively, this grouping is called a "School Family."

"The School Families Program is a way to build community, as well as to have the older kids

interact more with the younger ones, explains Mrs. Moodie, "Instead of sitting by grade levels at lunchtime, special events and gatherings, the children sit with their "families."

The bonds nurtured by the School Families Program can be seen as the younger children enthusiastically hug and hold hands with their "parents," Jenny and Mrs. Moodie. "It's a great idea and it's fun, too," says Jenny as she hugs her "kids."

The School Families Program was a successful idea imported from Southern California when St. Anthony's School's new Principal, Sr. John Ellen Turner, came on board. "Many fun and

- continued on page 12...

Suspect Sought for the Repeated Rape of a Disabled Girl

The police is looking for information leading to the whereabouts of a man suspected of repeatedly raping a disabled teenage girl on the 900 block of Powhattan Avenue, between Nevada and Nebraska Streets, in the southern portion Bernal Heights.

The victim has the mental capabilities of a 6th grader due to cerebral palsy. She was repeatedly taken advantage by a man who was described as initially polite and well mannered by the girl's mother.

The first attack occurred in August when the man offered to take the girl to the store. The girl said that the man threw her onto the trunk of a black Plymouth Valient and forced himself upon her, ignoring her pleas and struggles to have him stop. The girl was raped on four separate occasions by the suspect and her fear of him prevented her from initially telling anyone.

In mid November, the girl complained of pain on her chest. During a medical check up for the

pain, the girl and her mother learned that she was pregnant. At this point, the girl explained what had happened and the mother informed the authorities.

The rape suspect is a black male with black hair and brown eyes and is between the age of 20 - 24 years old. The suspect's name is "Omar" and he is believed to have lived in the area of the attacks. Neighbors who have information that can help the police find the rape suspect are urged to call Officer Rey Ibay at 333-3433.

People on the Hill

From Peru to Bernal Heights, Little Gabriel Finds a Home

By Vicki Victoria

In El Tambo Huancayo, a town in the Andes Mountains of Peru, many of the town's men have lost their lives in the fighting and killing that occurs daily near the infamous "Shining Path." A young mother of this impoverished town worked as a domestic until she damaged her arm and ultimately lost her job. Single and poor, she could no longer support her six children. Good hopes came when she heard of other mothers who were finding a way to ensure the safety and well being of their children: international adoption.

Her second youngest child, Gabriel, is a beautiful brown-eyed



International adoption has given Gabriel new parents and a warm, safe home in Bernal Heights.

boy, not quite two years old. Unable to have children biologically, Craig and Melissa Marshall found their way to Gabriel and gave him a new home in Bernal Heights.

"At first, I was against the idea of adopting - I never experienced it in my family," explains Craig, "It was difficult to come to grips with having adoption as my only choice. Melissa, however, was immediately ready for the idea."

When Melissa was a small child, her mother gave her up for adoption. She doesn't feel any bitterness or burning curiosity to find her birthmother, "It was a difficult decision for her to make and I respect her decision. I know that it's against the current trend right now - for adopted children to seek and find their birthmothers - but I know that she did what she thought was best for me."

Understanding why her own birthmother gave up Melissa enabled the Marshalls to know that taking Gabriel from his own natural mother was something that was for the best for everyone. Craig remembers meeting Gabriel's birthmother in Peru, "She was very quiet and stoic - she kept to herself. I told her that I felt very sad because she had to give up her child, but at the same time I also told her that I was happy that I could her provide for and take care of the child."

When asked how they felt about removing children from their own people and culture, Craig gave an account of the horrible reality of choosing life over death for the children, "There are so

- continued on page 4...

new Bernal Journal

515 Cortland Avenue, San Francisco, CA 94110
(415) 206-2144

The New Bernal Journal is a bi-monthly neighborhood newspaper sponsored by the Bernal Heights Community Foundation. It is dedicated to providing the people of Bernal Heights with community news, ideas, issues, and events that support the Foundation's mission: "To empower people in efforts to preserve the ethnic, cultural, and economic diversity of Bernal Heights and improve the economic condition of low and moderate income people in Bernal Heights." The New Bernal Journal is distributed door to door, free in Bernal Heights. Articles express the views of contributors and not necessarily those of the Bernal Heights Community Foundation.

For Advertising Call: 206-2144

February/March '92 issue deadlines: Editorial/Submission: 1/10/92
Advertising Reservation: 2/17/92. Camera Ready Ads: 2/24/92
We reserve the right to edit for clarity or space.
Circulation for this issue: 8,000

New Bernal Journal Staff/Volunteers

Editor	Vicki Victoria
Photography	Robert Henderson, Terry Milne, Vicki Victoria
Art Production	Victoria Graphics
Distribution	Gerald Whitehead & a cast of hundreds!
Contributors	Rey Ibay, Terry Milne, Leslie Simon, Barbara Pitschel, Jaqueline Letalien, Jessica Murray, Don Lee Hall, Dorothy Cookley, Carmen Muñoz, Carmen Muñoz, Stella Loaisiga
Spanish Translation:	

Copyright 1991 by Bernal Heights Community Foundation
We are a member of the S.F. Neighborhood Newspaper Association.

Looking for the "Little Old Lady in a Gold '67 Mustang"

On Friday, November 22, 1991 at approximately 11:45 a.m. at the intersection of Cortland Avenue and Andover Street, an "Old lady in a gold '67 Mustang" stopped at the 4-way intersection. Behind her, a couple of young men in a large dark blue sedan threw a bottle at her car and harassed her because "They thought that she was going too slow and had no business driving because she was old," as one witness explained.

The two men then got out of their car and continued to verbally attack and harass the woman. Several witnesses saw the bottle thrown and the woman being attacked and immediately came to the rescue. The rescuers told the men harassing the woman to stop. A scuffle between the witnesses and the attackers ensued and escalated when the one of the two harassers pulled something out of the trunk of his car, hiding what was thought to be a weapon under his jacket. One of the witnesses had a cellular



Scene of the attack on November 22, 1991 on Cortland Avenue at Andover Street, near the Bernal Library where witnesses came to the aid of an elderly female driver who was relentlessly and unfairly being attacked by two men.

phone and dialed 9-1-1. Three police patrol cars responded immediately to the scene. However, the victim had left the scene. "I guess she was pretty scared. I don't blame her," said one of the witnesses.

After searching the attackers for weapons, the officers found none. Open containers of beer were found in the harasser's car. They arrested one of them, who was obviously under the influence of alcohol. However, the other attacker was let go. "Without the victim stepping forward, there's nothing that we can do," said Officer Linda Fontenot, "And whoever she is, she has to tell us quickly before it's too late to do something about this."

Upon seeing the release of the attackers, the other young men who came to the aid of the woman were disappointed that nothing could be done. They chose not to be identified (in this article), but these young heroes said that they were glad that they could help.

If the "Old lady driving the gold '67 Mustang" is reading this article, she should be assured that many witnesses have enthusiastically cooperated with the police in giving their detailed accounts of the attack. Please call the Ingleside Police Station at 553-1603 and refer to case #911584911.



Without the victim stepping forward, Officer Linda Fontenot could only lecture the attacker to "change his attitude."

Las Road Runners

Fashion Accessories & Toys



Used Clothing • Furniture • Books • Household Items • China • Piping
Misc. Items • Flower Arrangements • 78's-33's Records

Open 7 Days • Si Habla Español

Barbara Montano, 641-0662 • Julia Tarango, 824-8653

511 Cortland Avenue • 641-0402

Now On Sale



Health Valley
Fat Free Soups\$1.39
all flavors - 15 oz. - reg 1.75



Nature's Path
Manna Flakes Cereals\$2.49
Millet • Multigrain • Raisin
-reg 3.29



Tree of Life
Pasta Sauce\$2.89
32 oz. - reg 3.29

Closeout Special



Imported
Spiga Italian Pasta 99¢
all cuts - 1 pound pkgs - reg 1.49/2.19

**Free Parking
Across the Street
In our Very Own
Parking Lot!**

Now Taking Orders For Your Christmas Turkey

Since 1974, The Good Life Grocery has sold Fresh, Natural, "no-frill" turkeys. You won't find any pop-up buttons and they are not self-basting. Just good, old-fashioned turkey, raised locally on feed without the use of chemicals or preservatives. It is a turkey you will be proud to serve. Stop by for more information or to place an order.

\$5.00 deposit required
Sorry, no phone orders accepted.
Orders taken through Dec. 20th.

We Offer

a 10% discount to all senior citizens holding a San Francisco Gold Card. This discount is only available between the hours of 9 am until 3 pm. Please present your Gold Card at the time of purchase. For information on obtaining a Gold Card, call 626-1033

We Accept

ATM Cards
MasterCard & Visa
Cash & Checks
Food Stamps



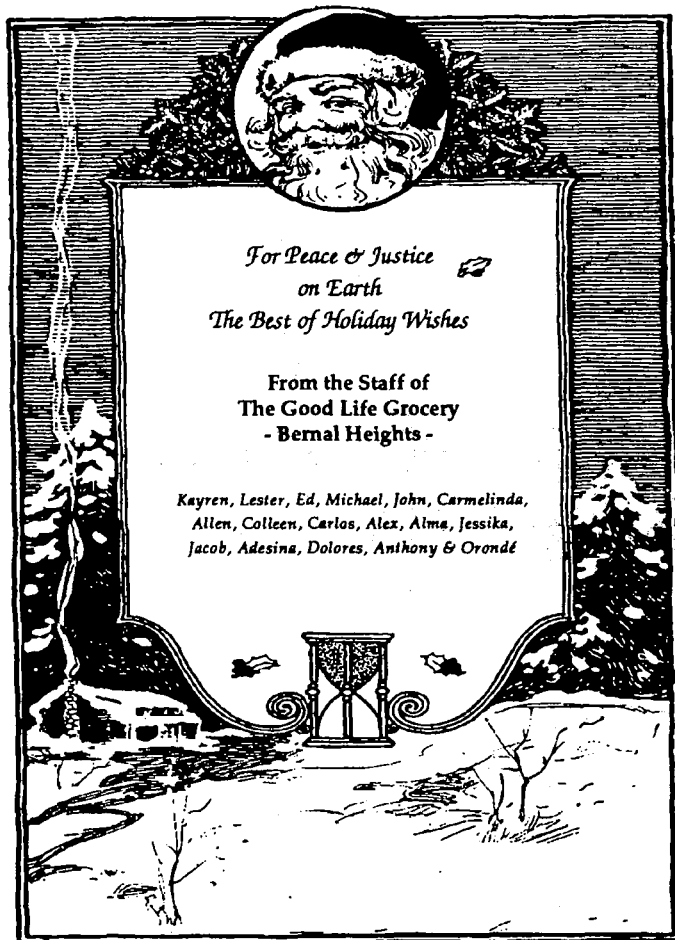
Store Hours

Monday - Saturday
9:00 am - 8:00 pm
Sundays
10:00 am - 6:00 pm

We Welcome

your comments and suggestions. We are anxious to hear what you have to say. All sale prices listed here are effective through the 15th of the month and then we have more sales. Stop by and see...

448 Cortland Avenue • Bernal Heights • San Francisco • 94110 • 648-3221



For Peace & Justice
on Earth
The Best of Holiday Wishes

From the Staff of
The Good Life Grocery
- Bernal Heights -

Kayren, Lester, Ed, Michael, John, Carmelinda,
Allen, Colleen, Carlos, Alex, Alma, Jessica,
Jacob, Adesina, Dolores, Anthony & Orondé

The
GOOD LIFE GROCERY



Community News

Free House Repairs for Bernal Heights

Questions & Answers on Christmas in April

By Mindy Linetzky
Bernal Heights Housing Corporation

•What is Christmas in April?

Christmas in April is a national program that repairs and renovates homes of those who, due to age, financial situation, or disability, cannot do the work themselves. Over one thousand volunteers, both skilled and unskilled, give their time and energy on this "neighbor-helping-neighbor" program. This year it is co-sponsored with the Bernal Heights Housing Corporation and volunteers will renovate over 20 homes free of charge in Bernal Heights.

•What Types of Repairs are Done?

Repairs and renovations differ from house to house. The work may include: painting, carpentry, plumbing, plastering, electrical, appliance installation, and other necessary repairs. Every house will be provided with deadbolt locks, smoke detectors, and

lighted stairwells. Weatherization, clean-up, and yardwork may also be included. There is *no charge* for Christmas in April's services.

•Who is eligible for Christmas in April's Services?

Applicants are low income, elderly, or disabled persons who live in Bernal Heights. To qualify for inclusion in the Christmas in April home repair program, you must meet the following criteria:

•Own and live in your own home;
•Complete a Homeowners Application Form by December 3, 1991;

•Submit the required documentation; and
•Meet the following income guidelines:

Number in Family	Maximum Income
1	\$26,000
2	30,400
3	34,200
4	38,000
5	41,050
6	44,100



Photo by Robert Henderson

•What Happens After You Apply?

If you meet the above criteria, you will be contacted by a representative from Christmas in April between November and January to arrange for a home visit to go through your home with you and discuss possible repairs. By mid-February 1992, you will receive a letter indicating whether or not your home has been accepted for the program.

•How Can I Help the Bernal Heights Housing Corporation with Christmas in April this Year?

- Refer a homeowner who may need repairs
- Volunteer to help in April
- Make a cash contribution
- Contribute your expertise (electrical, carpentry, plumbing, etc.)
- Get your church, organization, club, or company to "Adopt a home"

•How Can I get more information on Christmas in April in Bernal Heights?

Call Christmas in April at 905-1611 or stop by the Bernal Heights Neighborhood Center (515 Cortland Avenue) to pick up applications and informational materials. •

A reception for Christmas in April organizers, volunteers and applicants was held at the Bernal Heights Neighborhood Center on November 20th. The crowd enthusiastically planned for April 25, 1992, when over 25 homes of low income, disabled and elderly residents will be repaired in a joint effort



Market Heights:

Affordable Housing for Families

The Bernal Heights Community Foundation is proposing an affordable family housing development near the Farmer's Market. If you think you qualify for one of the units and would like more information, please fill out the form below and mail it to:

BHCF, 515 Cortland Ave, San Francisco, CA 94110.

Name _____ Phone _____

Address _____ City _____ Zip _____

Size of unit needed: 1 BD _____ 2 BD _____ 3 BD _____ 4 BD _____

Current Income Maximums

(1990 figures, adjusted every year):

For a family of 1: \$18,100	For a family of 4: 35,700
For a family of 2: 28,550	For a family of 5: 37,950
For a family of 3: 32,150	For a family of 6: 40,150

BERNAL HEIGHTS

★ ★ ★ ★ FOUR STAR VIDEOS VHS RENTALS & SALES

Great Selection of:

- NEW RELEASES
- FOREIGN
- CULT
- NINTENDO - SEGA
- CLASSICS
- CHILDREN
- ADULT

Open
7 Days
11am to 9pm

VCR RENTALS

6 4 1 - 5 3 8 0

We Accept Reservations

402 Cortland Avenue (at Bennington)



LAMA'S KENPO KARATE

INTRODUCTORY SPECIAL

\$29.95 FOR THE 1ST MONTH

Plus a free black uniform when you join!

Offer good for all ages
New students only
Coupon expires 3/31/92

LAMA'S KENPO KARATE
397 Cortland Avenue • San Francisco
(415) 285-6787

Gabriel Finds a Home

- continued from page 1

many children dying in Peru. Hundreds and thousands, mostly from malnutrition and many connected with the fighting between the Communists and the federal government. I believe that Peru feels that they should exodus the children out as fast as possible."

Both of Gabriel's parents feel that his cultural heritage should be kept open, "So when he's old enough to know, he can decide for himself," explains Melissa, "We don't intend to and can't make him a Peruvian living in America, but instead he will be an American with a Peruvian heritage."

"International adoptions are not liked by everyone," explains Janet



Janet asks her adoptive son, "Miguel, what country are you from?" Miguel enthusiastically replies, "Honduras!"

Miguel, through BAAS. "I was almost 36 and my husband 38 when we tried all our options. The county said to adopt a baby, I would have to be on a non-guaranteed waiting list - and by that time I would be too "old" to adopt!" Janet says. She also didn't want to risk the emotional and financial investment of having the child taken back by its

of color to be adopted by a white couple, "And for every white child born, there was 20-30 families waiting to adopt him," says Janet. For Janet, like the Marshalls, international adoption became their biggest hope for adopting a child.

BAAS has established connections in over 33 countries to provide prospective parents with the most straightforward and fastest

weeks and months, often times staying in the country with the high costs of hotels and such, going through incredible amounts of red tape to adopt through an orphanage." "Orphanages see the kids in there as the reason for their existence - they're not too eager to give up the kids there. It's like, without crime, there would be no need to have police," rationalizes Craig.

Janet explains that BAAS is able to expedite the international adoption process because of a court procedure called "private relinquishment" where a mother who can no longer support her child is represented by an attorney through BAAS. The attorney will help the mother become legally free of responsibility for the child and make the child available for immediate adoption, instead of having to regulate the child to an orphanage or other state run social agency. The birthmother is also assured that her child will have a greater chance of being adopted through

privaterelinquishment. "This procedure also gives the mother the opportunity to meet the adoptive parents, if she wishes to," explains Janet, "BAAS respects the wishes of the birthmother and encourages the adoptive parents to do the same by remaining in contact with her or not."

Gabriel attends the Little People's Workshop where his teacher, Lupe Mendez speaks Spanish to him daily at his day care program on Cortland Avenue. Gabriel has also picked up English very well and has a remarkable vocabulary for someone who just turned two and has only been in the country for four months. Melissa would like to complete her family with a sister for Gabriel. Reflecting upon her experience she summarizes her feelings, "I believe adoption is great for everybody - we don't need extra children, we need to take better care of the ones we have now. I wish it were easier to adopt in the states."



Craig Marshall, adoptive parent.

Shirley of the Bay Area Adoption Services (BAAS), "But I feel the bottom line is that for the child who is abandoned, orphaned or without a home, this is the best option."

Melissa and Craig discovered BAAS after their frustration with domestic adoption agencies and procedures. Janet, an adoptive parent herself, initially went through the same exhausting domestic route as the Marshall's before she adopted her son,

birthmother or father. In California, the natural parents can change their minds within a year and take back their child. Several years ago, social service agencies wouldn't easily allow a child

system of adopting a child. "When we went to Peru to adopt Gabriel, the whole process took us only nine days," recalls Melissa, "We've heard of horror stories of other couples who had to wait



Melissa Marshall and her adoptive son, Gabriel, have started a new family in their home on Crescent Avenue.

Santa & Mrs. Claus Come to Bernal Heights



Santa Claus & Mrs. Claus have been invited to visit children from 12:00 to 2:00 pm at the 1991 Christmas Boutique on December 8th at the Neighborhood Center at 515 Cortland Avenue. Santa, being a senior citizen, himself, said he wanted to help the Bernal Heights Senior Program with their annual Christmas fund raiser. (Pictured: Oliver Sanuel and Julia Riddell)



Marvin Gardens

Florist & Gift Shop

UNDER NEW MANAGEMENT!

20% Discount

with this ad!

coupon expires 1/31/92

Order your Christmas Centerpiece Now!
Out of town & local delivery available

Open 11:00 - 6:00 pm, 7 days a week

399 Cortland Avenue
San Francisco • 641-8382



SHANTA CARPENTRY & CONSTRUCTION

- △ remodeling
- △ kitchens / baths
- △ elec. / plumbing
- △ additions
- △ repair / dry rot
- △ victorian restor

Lic. No. 442870

foundation to finish

821-4091

ST. KEVIN'S CHURCH

B I N G O

W	EVERY			2-\$250 JACKPOTS!
	E	D	N	E
		\$25 FREE GAME		S
N				A
	I			Y
	G			
DOOR PRIZES		\$150 SOCKOS		
		H	T	

CARDS: \$1 each - \$5 minimum
DOORS OPEN 6pm • 1ST GAME 7:30pm
\$100 - 10 games - Good Neighbors
\$150 - 4 games - Good & Good Good Neighbors

ST. KEVIN'S PARISH HALL
ELLSWORTH OFF CORTLAND • 648-5751



Walking the Beat

Having a Safe Holiday

By CPOP Officer Rey Ibay

The holiday season is here. We all know that the majority of disturbances and fights during the holiday celebrations are caused by the presence of the spirit of alcohol. Fights break out easily among guests and family members due the impairment of the mind - courtesy of that good old vodka, gin or scotch. Time and time again, a simple discussion turns into a heated argument and results into a brawl, and worse, stabbing or shooting. Sometimes the discussion terminates with one or both of the parties involved being terminated - permanently. This holiday season, my wish is that cooler heads, or sober heads, prevail in these situations. But, frankly, speaking, we should remember that getting into a discussion with an intoxicated person is similar to talking to a cold brick wall. These people's minds are so impaired that reason is nonexistent. We can avoid escalating the situation by employing a lot of patience towards these kind of people. Remember, we are cele-

brating the holidays to enjoy one another.

Because of the number of people getting intoxicated during the holidays, the problem is aggravated when they decide to



drive a vehicle. These irresponsible drunk drivers take the streets without regard to the welfare and safety of others - both yours and mine. When they are drunk, their minds are all screwed up. I will not give you a bunch of statistics about the drunk-drivers' victims because, to tell you the truth, it

will not make any difference anyway. All I want to do is to emphasize the magnitude of this horrible reality. During this holiday season, whether you are out driving or just walking the streets of Bernal Heights, for God's sake, please be alert and be aware of the fact that the possibility of becoming a victim can be a sudden reality. Be aware that "someone" out there has had too much to drink and may now be in possession of a deadly weapon or in an automobile. This awareness might save us from pain, suffering and grief.

If you drink, please don't drive. If you know somebody has had too much to drink, don't let them drive. If they insist on driving, call the police immediately. They may get upset with you and might think that you are snitching on them. They won't know at the moment that, in reality, you are helping them because you care. Remember, they are drunk and their mind is all screwed up and not functioning right.

With all that in mind, have a safe holiday season.

Garden Celebration

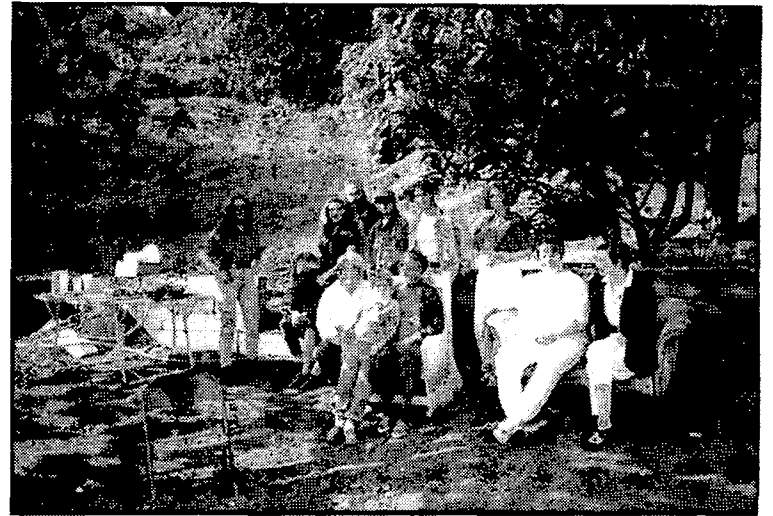


Photo By Terry Milne

Celebrants (left to right): Jude Shaw, Mary De Yoe, Thalia De Wolf, Marjie Townsend, Art Moura, Rex Townsend, Piper Murakami, Susie Miller, Jay Adams, Leslie Simon, Lisa Weindorf, and Gillian Greer.

Miller Memorial Grove Celebration Creates New Life for a Community Garden

Day of the Dead was the theme of a celebration for the rededication of the Miller Memorial Grove community garden at Brewster and Costa streets on Sunday, November 3rd.

The Park and Rec Department and S.L.U.G. sent crews in this summer to rehabilitate the garden, building new walls, terraces, and stairs. Neighbors, led by Don Schaan, gathered for a pot-luck barbecue while discussing other community uses for the park and dividing the garden plots. The rededication was in the name of

Roosevelt Miller, who was the oldest member of the East Slope Preservation Committee and a long-time resident, and his son Kelvin.

Since the fiesta rededicating the garden, work has continued at a furious pace. Ann got a load of ground-up-tree mulch from a private contractor, then a gang led by Art and Pete shoveled the ten cubic yards down the steep hillside. Gardeners are looking forward to more hard labor, but will be rewarded with flowers and vegetables in the Spring.

-Leslie Simon, Brewster Street.

Frank Jordan Is Building Bridges



For thirty-three years, Frank Jordan has been building bridges between people and neighborhoods to solve problems.



Frank Jordan created the Senior Escort Program which has provided over one million crime-free escorts to our seniors since its inception.



Frank Jordan started the first Hate Crimes Unit in a major California Police Department.



Frank Jordan hired and promoted more women and minorities than all of his predecessors combined.



Frank Jordan established the Police Department's first sensitivity training program to teach respect for the special needs of the homeless, mentally ill and victims of AIDS.



Frank Jordan was responsible for creating the city's first formal drug education program now taught in San Francisco's Public Schools.



Frank Jordan created the Equal Employment Unit to crack down on race and sexual bias in the police department.



Frank Jordan travelled around the city creating neighborhood watch programs. These SAFE (Safety Awareness for Everyone) programs were established in 3,000 blocks city-wide.

JORDAN

A Mayor who will build bridges

Frank Jordan for Mayor • 1919 Van Ness Avenue • San Francisco, CA 94109 • (415) 749-1919

Paid for by the Committee to Elect Frank Jordan Mayor, Roy Hahn, Treasurer, ID#910089.

Arts & ENTERTAINMENT

Leer Es Poder Bernal Library Receives Grant for Books in Spanish

By Dorothy Coakley

The Bernal Heights Library has been awarded a \$4,000 grant from the California State Library to purchase new books in Spanish. The collection will include cookbooks, child-care materials and perhaps auto repair manuals. In addition, the library has recently purchased a small collection of paperback books in Spanish from La Latina Bookstore which is located on Mission Street at the foot of Cortland Avenue.

Children from bilingual classes at Paul Revere Elementary School and Junipero Serra Elementary School regularly check out Spanish books from the library while on school visits. The Bernal Heights Preschool which is located in the basement of the library serves a population which is 95% Spanish-speaking; these children and their parents attend film programs both Spanish and

English given monthly by the library. Precita Center Headstart program brings twenty Spanish-speaking children to the library for stories and films. Parents are always welcome to attend these programs.

Library card applications are available in Spanish and in English. An adult applicant must show proof of address although local residency is not required. Children must have the signature of a parent or guardian to apply for a card. Everyone in the family is encouraged to visit the library and check out our books.

Every Wednesday night is Family Night, with special programs from 7:00 to 9:00 P.M. Our holiday evening on December 11th will feature Grupo Folklorico De San Francisco, a children's folkdance troupe which will perform regional dances of Mexico.

Come meet your neighbors at the library! •

The Origin of Christmas Kettles

In December, 1891, the Salvation Army Captain in San Francisco had resolved to provide a free Christmas dinner to the area's poor persons. But how would he pay for the food?

As he went about his daily tasks, the question stayed on his mind. Suddenly, his thoughts went back to his days as a sailor in Liverpool, England. On the Stage Landing he saw a large pot, called "Simpson's pot" into which charitable donations were thrown by passers-by.

On the next morning, he secured permission from the authorities to place cauldron at the Oakland ferry landing, at the foot of Market Street. No time was lost in securing the pot and placing it in a conspicuous position, so that it could be seen by all those going to and from the ferry boats.

Thus, Captain Joseph McFee launched a tradition that has spread not only throughout the United States, but throughout the world, in such distant lands as Korea, Japan and Chile.

This holiday season marks the 100th Anniversary of the traditional red kettle. Last year, in the United States alone, over 7.5 million people stricken with hunger, homelessness and illness were assisted through funds collected in the kettles. •



San Francisco, 1891

Having a Party?
Wedding or
Baptism
Reception?
Community Event?



Book your next party or event at the
Bernal Heights Neighborhood Center!

Located on Cortland Avenue at Andover Street, you and your family, friends and relatives can afford our diningroom hall for rates as low as \$50 per hour for your next event or a meeting room for your organization's meetings as low as \$5 per hour.

Call Mauricio Vela at 648-0330 for more information and bookings.

Bernal Heights Neighborhood Center, 515 Cortland Avenue, S.F.

Walking Blues

By Jacqueline Elizabeth Letalien

We are now officially at the beginning of the Holiday Season. Macy's has had its Thanksgiving Day Christmas parade to initiate the Advertising Season. This is the time of shopping sprees, credit card magic (making something from nothing) and the changing clocks. These are the secular, material concerns of a society overlaid on what is also a deeply spiritual tradition in our natural cycles.

The harvest is in and winter is coming. We have gathered and now we settle in for the long winter's night. At another time and in another cultural reality, we would begin semi-hibernation and dreaming. In the midst of our meditations come several holidays that can open us to the possibilities of our musings as well as the fragments of our ancient experience. Many of our spiritual traditions converge at this time of year. Winter Solstice, Chanukah, Christmas and Kwanzaa manifest our multi-cultural traditions as pagans, Jews, Christians, African Americans. For one moment we are united by time and similarity of belief.

Within each diverse tradition is a common ground for our aspiration and celebration. These are festivals of light; we illuminate the darkness with candles and tree lights. We have journeyed into days with long nights. Our hopes rise from the midst of our festivals of light with burning flames and twinkling lights to acknowledge the lengthening of the days, a strengthening of our resolve, and an emergence of our transformed selves.

This year's celebrations have a particular poignancy of meaning for our gathering together. We have recently experienced Anita Hill's courage in witnessing the hidden issue of sexual harassment. We have grieved Magic Johnson representing the ignored issue of a widespread plague. Their insights light fires in the hearts of millions who had dwelled in the darkness of denial.

May our traditions and their stories inspire the aspirations of our dreaming nights and enlighten, embolden the work of our waking days. I also hope that the common belief we share in this season of celebration this year will spark a fire that will brighten and lengthen throughout the coming years.

BERNAL CALENDAR

Christmas Arts & Crafts Boutique, Sunday, December 8th.

Beautiful hand-made gifts and decorations will be available at old fashioned prices at this annual fundraising sale for the Bernal Heights Senior Program. Santa Claus will appear from 12:00 - 2:00 p.m. to hear the Christmas wishes of children. Pancake breakfast, games and prizes will also highlight the day. 9:00 a.m. - 3:00 p.m. in the Bernal Heights Neighborhood Center, 515 Cortland Avenue. 206-2145.

Lesbian Potluck, Sunday, December 8th.

The "Almost New Moon Dyke Potluck" invites lesbians in Bernal Heights to "meet your girl neighbors." 11:00 a.m. - 2:00 p.m. Call 641-8771 for further information.

East Slope Election, Monday, December 9th.

The East Slope Design Review Board's annual election meeting welcomes all residents of

the East Slope on Bernal to participate in its open election. Nominations are welcome. 7:00 p.m. in the Bernal Heights Neighborhood Center. Information: Terry Milne, 285-8978.

Grupo Folklorico de San Francisco, Wednesday, December 11th.

Neighbors are invited to enjoy this delightful children's dance troupe which will highlight the Bernal Library's Open House and Holiday Celebration. Free. 7:00 p.m. at the Bernal Branch Library, 500 Cortland Avenue. 695-5160.

Christmas Toy Give-away, Friday, December 20th.

Low income children in Bernal Heights can sign up to meet Santa Claus and receive a gift at a Toy Give-away organized by the Bernal Heights Youth Program. Pre-sign up is required. Call Jose or Jesse at 648-0330 for details. Bernal Heights Neighborhood Center, 515 Cortland Avenue.

BETH ABRAMS' DANCE STUDIO

- Jazz dance classes for adults and teens
- Holiday & Winter workshops beginning December 2 and January 6
- Supportive, non-competitive atmosphere

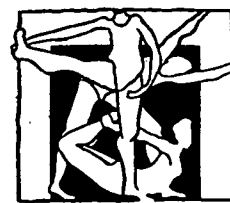
Stretchaerobics

A 1 1/2 hour dance-y stretch-y hot fun aerobic workout like none other anywhere!

Fully equipped studio

Available for sublet hourly for rehearsals and classes

Call 282-6177 for information and brochure



Noticias de la Comunidad en Español

Programa de Familias Escolares

- continua -

sus "niños" en esta nueva aventura de aprendizaje cooperativo en la Escuela de San Antonio. La "abuela" de los niños es la maestra del tercer grado, Sra. Barbara Moodie. Colectivamente, este grupo se llama una "Familia Escolar."

El "Programa de Familias Escolares" es una manera de construir comunidad, así también como facilitar la interacción de los niños mayores con los más jóvenes, explica la Sra. Moodie, "En lugar de agruparse a la hora del almuerzo por sus niveles de grado, o en los eventos especiales y reuniones, los niños se sientan con sus "familias."

Las uniones promovidas por el Programa de las Familias Escolares pueden notarse cuando los niños más jóvenes entusiastamente abrazan y unen sus manos con sus "padres," Jenny y la Sra. Moodie. "Es una gran idea y es diversión, también," dice Jenny al abrazar a sus "chicos."

El Programa de Familias Escolares fue una idea exitosa importada de California del sur cuando el nuevo Director de la Escuela de San Antonio, Sr. John Ellen Turner, tomó su posición. "Muchas actividades divertidas e instructivas suceden en cada unidad de la "familia," explica Pat Puno, de la Sociedad de Padres de Familia. "Esto provee oportunidad para dirección con los estudiantes mayores y ayuda a los más jóvenes a sentirse parte de toda la familia escolar."

Andy Ovaes, del sexto grado,

comparte esta opinión del programa, "Es una buena idea porque llegamos a conocernos mejor unos a los otros." Andy vive a sólo dos cuadras de la escuela, en la Avenida Precita. El dice que los programas como "Las Familias Escolares" convierten a San Antonio en una buena escuela. "Mis padres decidieron matricularme" en San Antonio porque es más

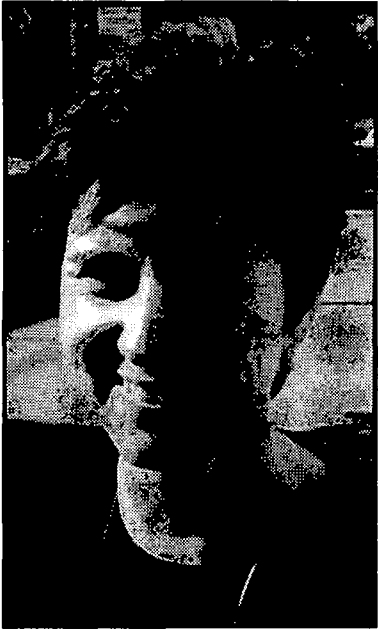
acogedora y ofrece mejor educación que mi anterior escuela (pública)."

"Hay una excelente proporción de maestros y estudiantes en la escuela, así que los muchachos reciben mucha más atención y se benefician del ambiente orientado en la familia aquí," dice Ada Caballero, secre-

taria de la Escuela de San Antonio. Esta escuela Católica educa a 260 niños del área que son ambos, católicos y no-católicos. Ada dice que las escuelas Católicas ofrecen un sólido ambiente de aprendizaje, "Porque hay más control y atención a los muchachos, ellos reciben una mejor educación." Ada orgullosamente apoya este reclamo de excelencia en la educación citando consistentemente altos porcentajes de SAT obtenidos por los estudiantes de la escuela cada año. Una ex-alumna de la escuela ella misma, Ada dice que muchos de los estudiantes actuales son hijos de sus anteriores compañeros.

Con programa innovativos como "Las Familias Escolares" y fuerte consignación de la familia, se comprende porqué la escuela estará celebrando sus centenario en unos pocos años como la Sra. Puno expresa su éxito, "Grandes cosas continúan sucediendo en la Escuela de San Antonio!"

Por Vicki Victoria, Traducción al español por Carmen Muñoz



Sra. Barbara Moodie

Leer Es Poder - Lea En La Biblioteca

Por: Dorothy Coakley
Traducción: Teresa Irizarry, Ian Robinson, Pietro Robinson

La Biblioteca de Bernal Heights a sido otorgada \$4,000 por la Biblioteca del Estado de California para comprar nuevos libros en la lengua española. La colección incluirá libros de cocina, material para cuidar a los niños, y quizás manuales para reparar automóviles. También, la Biblioteca a comprado recientemente una colección pequeña de "paperback" en español de La Librería "La Latina" la cual está ubicada en la calle Mission (al pie de la avenida Cortland).

Los niños de las clases bilingües

en Paul Revere Escuela Elementaria y Junipero Serra Escuela Elementaria regularmente solicitan libros en español de esta biblioteca mientras que están de visita. La primaria de Bernal Heights la cual está ubicada en el sótano de las bibliotecas sirve a una población, que es por lo menos un 95% Hispánica y habla española; estos niños y parientes atienden a programas filmados en español como también en Inglés, mensualmente mostrados por la biblioteca. Precita Center Headstart trae veinte libros de historia y películas. Los parientes son siempre bienvenidos a

venir y atender estos programas.

Aplicaciones para las tarjetas de biblioteca son ofrecidas en español, tanto como en inglés. Un aplicante adulto debe enseñar prueba de su residencia local, pero no es necesario. Niños deben de traer la firma de uno de sus padres por solicitar nuestros libros.

Cada miércoles por la noche es nuestro día de festividad y feria (la noche del once de Diciembre) tendrá a Grupo Folklórico de San Francisco. Este es un grupo folklórico de danza compuesto por niños; la cual performará cantos y danzas regionales de México.

¡Ven y encuentra a tus amigos vecinos en las bibliotecas!

Residente de Bernal Heights Por Casi 40 Años!

Escribe: Carmen Muñoz

En el mes de Abril de 1952, luego de vivir en la ciudad por varios años, mi esposo (ya fallecido) y yo, con nuestros dos hijos y el tercero de "camino," decidimos comprar la casa donde, desde entonces, hemos vivido en este acogedor vecindario. Está por demás decir que en esos años hemos visto muchos cambios, la mayoría de ellos para un mejor, y más seguro, ambiente de vivienda. Recuerdo que cuando nos mudamos aquí, la Avenida Cortland estaba en proceso de restauración, y se eliminaba el ladrillo que la cubría por el macadam moderno que hoy tenemos. Entonces Bernal Heights se mencionaba como "la colina de las cabras," quizás porque en tiempos pasados los residentes se dedicaron a criar esos animales. Pero en realidad nunca hemos tenido problemas muy serios de vandalismo, crimen o drogas, fuera de lo que normalmente se espera en la actualidad. Mis tres hijos asistieron a la Escuela Paul



Parroquia de San Kevin, y hemos sido, desde esos tiempos, miembros activos de la comunidad, y disfrutado del ambiente de "familia" que ofrece la Parroquia al preocuparse por el bienestar material y espiritual de la congregación. Más adelante, ingresé al Centro de Mayores, y aún perteneczo y presto mis servicios volun-

tarios a esa noble institución que procura el bienestar de los ciudadanos mayores de Bernal Heights. Mi hogar, la parroquia y el centro han sido lugares especiales para mí, donde me siento "bienvenida" y aceptada.

Todos estos detalles proporcionan un espíritu de paz, tranquilidad, sentido de aceptación y cooperación que son indispensables sobre todo para quienes somos "mayores de 60 años." Me siento muy satisfecha al poder ofrecer alguna ayuda, en cualquier forma, y "sentir" que tengo "mi lugar bajo el cielo" en la comunidad.

Nací en Costa Rica, América Central, y por herencia de mis padres, siento afecto por toda la gente y el deseo de ayudar en lo que me sea posible, material o espiritual. Creo que ese debe ser el lema de vida de todo cristiano, sobretodo en estos tiempos modernos.

Market Heights: VIVIENDAS DE BAJO COSTO PARA FAMILIAS

Bernal Heights Community Foundation está proponiendo un proyecto de vivienda con un valor razonable para familias cerca del Farmer's Market. Si usted cree que califica para una de las unidades y le gustaría tener mayor información, favor llenar esta forma y enviarla por correo a: BHCF, 515 Cortland Avenue, San Francisco, CA 94110. 648-0330.

NOMBRE _____ TELÉFONO _____

DIRECCIÓN _____ CIUDAD _____ ZIP _____

Tamaño del Apartamento: 1 BD _____ 2 BD _____ 3 BD _____ 4 BD _____

Numero de Adultos: _____ Numero de Niños: _____

Ingresos Maximos Corrientes:

(cifras de 1990, ajustadas cada año)

Para una familia de 1: \$18,100	Para una familia de 4: \$35,700
Para una familia de 2: \$28,550	Para una familia de 5: \$37,950
Para una familia de 3: \$32,150	Para una familia de 6: \$40,150

Para mayor información en Español, favor llamar al teléfono: 648-0330

Esta Primavera/Verano Aproveche Reparar Su Casa!

El Programa de Rehabilitación de Vivienda en Bernal Heights (CHRP) está comenzando su doceavo año en Bernal Heights. Financiado por el Mayor's Office of Housing y administrado por la Corporación de Vivienda de Bernal Heights, estamos de nuevo ofreciendo a los residentes de bajos ingresos (Ver hoja adjunta) o Propietarios ancianos de bajos ingresos que vivan en sus casas en otros vecindarios, la oportunidad de reparar sus hogares.

Desde el comienzo de la aplicación hasta el momento de adquirir un préstamo de solo un 3% de interés, incluyendo la supervisión de contratistas y la construcción misma, es una gran oportunidad de resolver toda clase de problemas que se presentan desde las fundaciones hasta el techo de la casa, pisos gastados, pintura, ventanas rotas hasta insulación entre otras cosas.

Más de 90 hogares y apartamentos han sido notablemente mejorados con fondos de aproximadamente \$1,188,495.00 millones en los últimos once años.

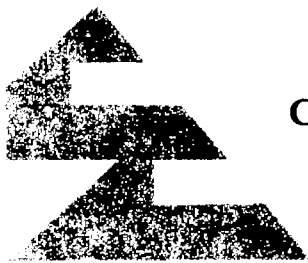
Si está interesado en obtener mayor información, favor llamar a Mike Noon, Director de Rehabilitación o Stella Loáisiga, su Asistente, al teléfono 206-2140, Lunes a Viernes de 9 a 5.



Neighborhood

Home Services & Repairs

KITCHENS AND BATHS



CRAIG CUMMINGS

GENERAL CONTRACTOR
License No. 465507

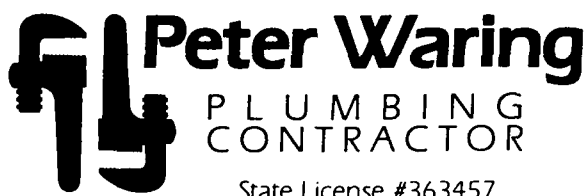
315 Park Street
San Francisco, CA 94110
415-641-1355



PROTECT
YOUR INVESTMENT
AND
YOUR HEALTH !

(NOT NECESSARILY
IN THAT ORDER)

PLUMBING-206-1412
DESIGN*INSTALLATION*REPAIR*MAINTENANCE



Peter Waring
PLUMBING
CONTRACTOR

State License #363457

49 Bache Street
San Francisco, CA 94110

550-6622



LIC. #472413
INSURED P.L./P.D.
BONDED

O.E.P. Painting

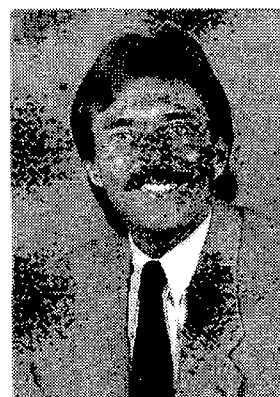
QUALITY WORK - FREE ESTIMATES
INTERIOR/EXTERIOR

543 ANDOVER STREET
SAN FRANCISCO, CA 94110

STAN REYNOLDS
648-7193

\$500 REWARD

Bonus to you for your sale or purchase



**BERNAL'S
MOST WANTED
REAL ESTATE
AGENT**

"Call now for
your free
market analysis"

*A Top Producer in Bernal for Buyers & Sellers
As a long time Bernal Resident, I know your neighborhood*

Alan Medina
863-7500, Ext. 145
Res. 550-7646

Hartford
PROPERTIES

Specializing in Pasta, Seafood and Veal



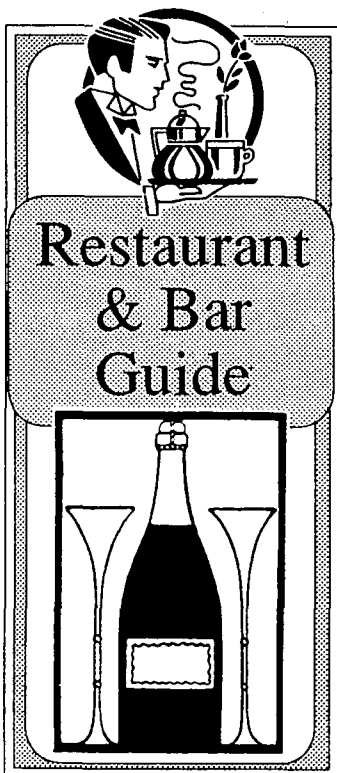
Italian Cuisine

Lunch or Dinner
2 for the price of 1
with this ad

Offer good through January 31, 1992
Coupon not valid for the holidays

Lunch: Mon-Fri 11:30-2:00 pm
Dinner: Sun-Th 5:00-10:00 pm
Fri-Sat 5:00-11:00 pm

300 Precita Ave. • 285-6005
Between The Mission and Bernal Heights



Skip's Tavern

Featuring the Best Selection
of 50's Music!

453 Cortland Avenue
San Francisco • 282-3456

PIZZA EXPRESS RESTAURANT

all natural
ingredients



Compare
our Sizes!

919 Cortland Ave.
San Francisco, CA 94110

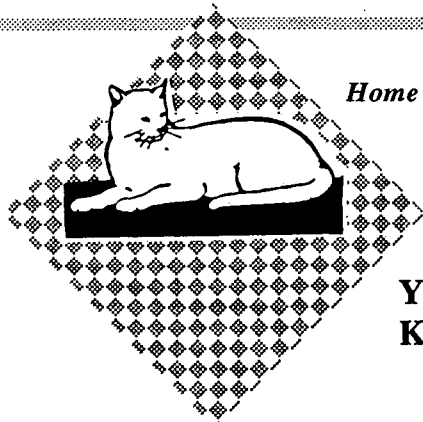
282-2333

KITTY'S

Restaurant

Food to Go

Home Cooking



• Breakfast
• Lunch
• Dinner

Your Hosts:
Kay & Louie

Serving the Mission for Over 20 Years

3322 MISSION STREET • SAN FRANCISCO • 282-4775

OPEN 1 PM - 2 AM

THE

OPEN 1 PM - 2 AM

WILD SIDE WEST
IN • 424 CORTLAND • SF
SINCE 1961 SF 647-3099

BEYOND TRENDY

A Deck and Mysterious Garden

POOL TABLE •
PIN BALL •
A WOOD FIRE PLACE •
JUKE BOX •



Just the place
An everybody Bar

Potluck Sundays

SF'S BEST KEPT SECRET - TILL NOW!

Music Every Other Sunday

SAN AUTO CENT

FOREIGN
AUTO RE

• N
• D
• B
• A
• M
• C

611 FLOR

\$1

SAN F



Since
NE
St ha
One

• Nitrous Oxide an
• Preventive Care
• Caridex System
• Bleaching
• Implants
• White Fillings
• Dental Insurance

641-8900

Glenn S. Bel
and Associates
3208 Mission S
Member: ADA, CDA



Shopping Guide



STATE FARM
INSURANCE COMPANIES
HOME OFFICES: BLOOMINGTON, ILLINOIS

Off.: (415) 285-2021

LARRY DE VISCHER
Agent

3579 Mission Street
San Francisco, CA 94110

Massage
Nutrition

The Emerald Edge
513 Cortland Ave.
(415) 647-6556

Jeanette Conley,
R.N., Director

When You Are Ready to Buy or Sell



MARGRET MAKER
REALTOR® ASSOCIATE
COLDWELL BANKER
BUS. (415) 563-4111
RES. (415) 648-8915



Choose an agent who knows
Bernal Heights, who has lived here for
over 15 years, who cares about the
neighborhood and cares about you.

COLDWELL
BANKER

If your business needs computers,
you need
a computer dealer that
means business

Noe Valley Computers

"...number one in
San Francisco."

Bernie Zilbergeld,
Computer Currents

"Recommended dealer"
S.F. Examiner & Chronicle

Experts in Assisting Non-Profits and
Small Businesses

Full On-Site Installation and Training
Repair • Consulting • Networks

OPEN MON-FRI/10 TO 6
100 Clipper Street (at Church)
San Francisco

(415) 282-3000

SAN FRANCISCO REPAIR

ALL DOMESTIC
CARS

OPEN 7 DAYS!

Reliable Work - Honest Prices

Auto Repair Classes

Community - Oriented People's Garage

& Women Mechanics

Al California Smog Station

18th ST. (Near 18th), S.F., 285-8588

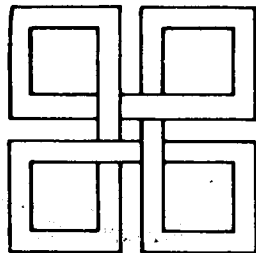
\$100 Off Smog Test

Coupon Expires December 31, 1992

SAN FRANCISCO AUTO REPAIR CENTER

Quality posters & frames in your neighborhood!

ART MOUNT



- quality custom framing
- shrink wrap services
- access to over 100,000 posters to choose from
- 2 day service available
- Satisfaction guaranteed & the lowest prices in town

New hours to serve you!

Tuesdays - Saturdays, 10-6. Closed Sundays.

430-A Cortland Avenue
San Francisco, CA 94110
(415) 647-7722

TOYOTA • SUBARU • NISSAN • HONDA • MAZDA

Ask about our new expanded tire services.

185 Bayshore (near Army) 550-2400
Mon-Fri 8:00-5:30

AUTO

motion

COMPLETE FOREIGN CAR SERVICE & REPAIR
A WOMAN OWNED BUSINESS

2. your caring

NEIGHBORHOOD DENTIST

Español • Nagsasalita kami ng Tagalog
Back from St. Luke's Hospital

Stereo Headphones

Minimizes Drilling

Accepted

D.D.S.

DDS, 1982 UOP Graduate

DENTAL EXAM
AND CLEANING
\$35 Regularly \$90

Complete oral exam

X-rays as needed

Teeth cleaned
and polished

Please, new patients only

EXPIRES 1/31/92

8th Anniversary Special for our Customers!

Ana's Villa Restaurant & Bar

Mexican food at it's Best

3355 Mission Street • San Francisco, CA 94110

Tel. 821-2070

2 for the price of 1
Dinners Specials:

AVOCADO TOSTADA
SUPREMA

With your choice of beef, chicken or pork with lettuce,
tomato, avocado, Ranchera sauce & shredded cheese

ENCHILADAS VERDES

Two Enchiladas filled with fresh Jack cheese
and with green sauce

Dinners include rice, beans, tortillas & butter

2 for the price of 1

Breakfast Specials:

MACHACA CON HUEVOS

Eggs with shredded beef, tomatoes, onions and bell peppers

HUEVOS RANCHEROS

Two fried eggs served on a corn tortilla with Ranchera sauce

We serve delicious
Margaritas
Beer
& Wine

BIENVENIDOS
FELIZ NAVIDAD
AMIGOS!

Coupon offer expires on 1/8/92

Environment

Urban Forest on the Hill



Photo by Lisa Krieger

Volunteers and neighborhood residents gather for a tree planting ceremony on the 100 block of Andover Street near Cortland Avenue.

Friends of the Urban Forest (FUF) and Geo Car Company planted fifty street trees on Saturday, November 2nd - San Francisco Arbor Day. "Bernal Heights is a very active tree planting community having had numerous FUF plantings in the past," says Clifford Janoff, Executive Director of FUF. "The area has many committed volunteers helping organize their neighborhood and planting trees."

FUF is a non-profit corporation which began as a volunteer organization, planting its first tree on Arbor Day in 1981. Since then, it has become one of the nation's most well-respected citizen's tree planting groups and has helped plant more than 11,000 trees in San Francisco. Many community groups have developed as a result of FUF's work, having first come together on a street tree planting. For more information about plantings, call Friends of the Urban Forest at 543-5000.

Bernal Hilltop Natural History

Growth Habits of Native Coastal Prairie Plants

By Barbara M. Pitschel

Despite the fact that California's native grasslands do not support trees and other large forms of plant life, they do offer a great variety of plant types. Bernal Hilltop's coastal prairie is a good example.

The dominant form of vegetation is, of course, grasses, which provide primary cover on all parts of the hill except bare rock surfaces. With only one exception (biennial, *Bromus carinatus*), the native grasses are chiefly perennials. This long lifespan gives them time to develop deep root systems with the ability to reach water throughout the year. Most of the non-native grasses are annuals that die off every summer, leaving a thick mulch of dead biomass that creates microclimates inhospitable to native plants.

Other important components of the native flora are herbaceous plants. Many of the native wildflowers of the coastal prairie are perennials, a habit that is well-suited to our climate. These include early spring, late spring, and summer bloomers. There are also some small flowering annuals that seed themselves in dense colonies in the spring (like goldfields, *Lasthenia chrysostoma*).

Another important group of herbaceous native plants on our hill is the bulbs, which include some beautiful spring- and summer-blooming members of the lily, amaryllis, onion, and iris families. Despite the excessive ravages of pocket gophers, who consider them special delicacies, our bulb populations have managed to survive.

Native vines - climbing and trailing plants - are herbs (native morning glory) or subshrubs (*Lotus scoparius*). In addition to being beautiful, these serve an important erosion control function.

As you can see, the predominant native vegetation consists of low-growing plants. One reason for this, of course, is that such plants are best adapted to survive desiccation (drying out) caused by the seasonal winds and drought that are natural conditions on exposed hilltops in San Francisco.

Native trees are virtually nonexistent and shrubs are uncommon. The only native tree on Bernal Hilltop is probably the elderberry (*Sambucus cerulea*) at the top of Folsom Street below the Boulevard on the north side of the hill. It is in a wetland area, which explains its presence. The pines and cypresses, are not native to San Francisco, and the lone madrone was probably also introduced. To feel the effect of trees on the microhabitats, stand under a Monterey pine on a foggy day. The ground is thoroughly wet and you think it is raining. In addition to the water that is dripping, resins are also falling. You can probably imagine that the microclimate under such trees, which actually records annual rainfall far above the actual rainfall for the area, is inhospitable to native plants with their adaptations for survival in drought and wind.

To become more familiar with the flora and ecology of the hilltop, please join us at preservation/restoration work parties at 11:00 a.m. on the third Sunday of each month. For further information call me at 282-5066.

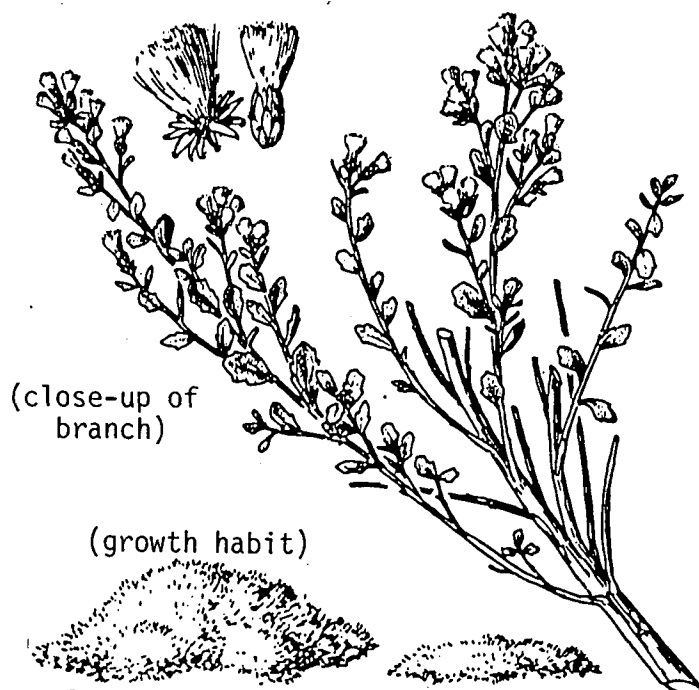


Illustration by Roxana S. Ferris

Baccharis pilularis "coyote bush"

Recycle your Christmas Tree!

SF Community Recyclers, 701 Amador
(near 3rd & Army) 10 am - 4 pm, 1/5 - 1/12/92.

Get a free tree seedling!
Call the SF Recycling Program
for more info & locations: 554-3406.

RECYCLE YOUR CHRISTMAS TREE



'T IS THE
SEASON TO
TREECYCLE

San Francisco
RECYCLING
PROGRAM

GET A FREE TREE SEEDLING
SUNDAYS, JAN. 5 AND JAN. 12, 10 AM - 4PM

Trees chipped on site, free mulch!

FORT MASON

outside main gate, across from Safeway

HERBST ROAD

beyond South Gate of the S.F. Zoo, near
Conservation Center

Please remove all nails and decorations.

No painted or flocked trees.

LEAVE TREES ONLY DURING HOURS
OF OPERATION.

For other locations and information:

Call the TreeCycling Hotline
at 554-3406

SUBSCRIBE!

The New Bernal Journal delivered to your door!

Help support your bi-monthly community newspaper!

() \$9.00 for one year () \$17.00 two years

() please accept my donation for \$ _____
to help produce our community paper!

Name: _____

Address: _____

Phone: _____

Thank You!

Send to:

New Bernal Journal
515 Cortland Avenue
SF, CA 94110



SERVING SAN FRANCISCO SINCE 1938

SUNSET GARDEN SUPPLY

320 ALEMANY BLVD. • 648-4242
**HOURS: MONDAY, TUESDAY - THURSDAY - THRU SATURDAY: 9:00 - 5:30 P.M.
SUNDAY: 9:00 - 4:00 P.M. • CLOSED WEDNESDAYS**


POINSETTIA

No. 1 Quality

6" POT

REG: \$8.80

SALE:**\$6.99** each**4" POT**

REG: \$5.00

SALE:**\$4.19** each

A very special day for children. And parents. And family members both near and far. A time of giving with no thought of receiving. This year choose from an almost limitless selection of indoor and outdoor plants and flowers. Like nothing else, a living gift says you care.



BARE ROOT JACKSON & PERKINS ROSES

No. 1 Quality

PRICES RANGE FROM:

\$5.75 - \$10.00 each

AVAILABLE:

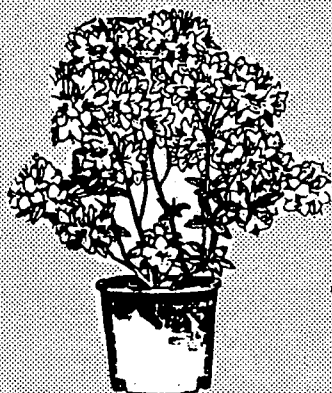
12/20/91

ASSORTED VARIETIES



ONE GALLON AZALEAS

ASSORTED COLORS



REG: \$7.75

SALE:**\$5.99** each

A RICHLY BALANCED BLEND

REG: \$6.99

SALE:**\$5.69**

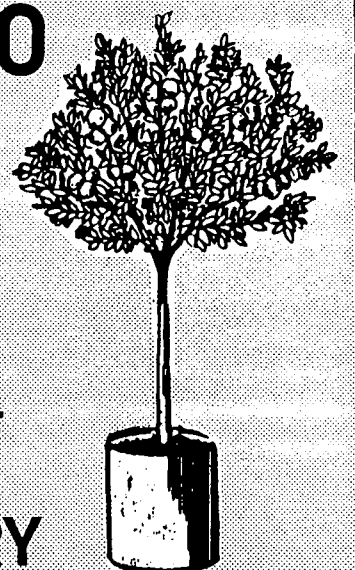
each

2 cubic ft. bag

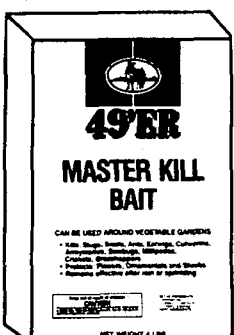
BARE ROOT FRUIT TREES

ASSORTED VARIETIES

PRICES START AT:

\$11.20AVAILABLE: **EARLY JANUARY**

SPRING FLOWERING BULBS

20% OFF

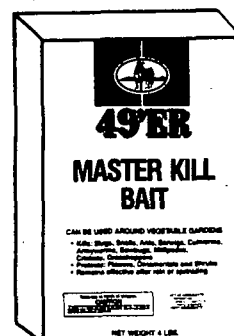
FOR SNAILS & SLUGS

REG: \$10.49

SALE:**\$8.69**

each

4 LB. BOX



49ER'S

BEST HIGH QUALITY MULCH AND SOIL CONDITIONER

REG: \$5.69

SALE:**\$5.29**

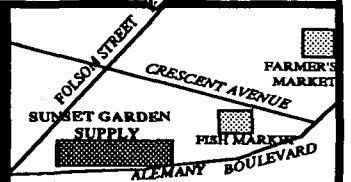
2 cubic ft. bag



PRICES EFFECTIVE THROUGH 1/31/92

MANY MORE SPECIALS THROUGHOUT STORE

WE ARE NOT RESPONSIBLE FOR PRINTING ERRORS



Youth News

School Families...

- Continued from page one



Eighth grader Jenny Shrader enjoys being a "Mom" at St. Anthony's School.

learning activities happen in each "family" unit," explains Pat Puno of the Parents Club Guild, "This provides opportunity for leadership with the older students and helps the

younger ones feel a part of the whole school family."

Sixth grader Andy Ovares shares his opinion of the program, "It's a good idea because you get to know each other more." Andy lives only two blocks away from the school on Precita Avenue. He says that programs like "School Families" make St. Anthony's a good school, "My parents decided to put me in St. Anthony's because it's more friendly and offers better education than my old (public) school."

"There's an excellent teacher to student ratio at the school, so the kids get a lot more attention and benefit from the family oriented feeling here," says Ada Caballero, secretary for St. Anthony's School. The Catholic school serves 260 children from the area who are both Catholic and non-Catholic. Nearly half of the children receive tuition



Sixth grader Andy Ovares

scholarships from the school.

Ada says that Catholic schools offer a solid learning environment, "Because there is more control of and attention to the kids, they get a better education." Ada proudly supports this claim to education excellence by stating consistently high SAT scores produced by the school's students each year. An alumni of the school herself, Ada says that many of the students now attending are the children of her former classmates.

With innovative programs like

"School Families" and strong family commitment, the school continues its educational excellence. Still standing at its original location since 1894, the school will be celebrating its centennial in only a few years. Mrs. Puno sums up the school's success, "Great things continue to happen at St. Anthony's School!"

Just Having fun!



Elizabeth Castillo started work late August 1991 as a cashier for the Chevron Corporation. She says, "Work is fun, I like finding solutions to things and helping customers. I get a feeling of accomplishment and can identify with customers that return."

Her advice to her peers is that, "Work will not come to you, you'll have to look for it. Show confidence even if you didn't do well in school because work is different from school."

The Bernal Heights Neighborhood Center can help you find a job if you're between the ages 16-26. Call 206 2156.

-Don Lee Hall

Christmas Toy Drive!



Donate New or Unused Toys to Children in Our Community!

The Bernal Heights Youth Program is organizing a Christmas Toy Give-Away on December 20th for low income children in Bernal Heights.

Bring your donations to the **Bernal Heights Neighborhood Center** at 515 Cortland Avenue and help us to make this Christmas merrier for the children.

For more info call Jose or Jesse at the Bernal Heights Neighborhood Center: 648-0330.

Senior News

Coleridge Resident "Home for the Holidays"



Rose Spiller, award recipient

Annual program provides free airline tickets for the city's elderly

Coleridge Park Homes resident, Rose Spiller, was awarded a free airline ticket from SouthWest Airlines, "Home for the Holidays" program. In conjunction with the Department of Social Services Volunteer Program, the program provides a free roundtrip ticket to any of the locations that South-West flies to.

Rose found out about the opportunity for the free tickets through the Bernal Heights Senior Program, which receives an invitation each year from the "Home for the Holidays" program to assist seniors on a low or fixed income to apply for the award. The program's goal is to reunite senior citizens with relatives that they have not seen due to the lack of financial resources to fly home. The Bernal Heights Senior Program called June Keith at Coleridge Park Homes, an affordable housing development for senior citizens and disabled persons. June recommended Rose, knowing that Rose wanted very much to visit her cousin. "Rose is such a nice, giving person who helps out a lot here at Coleridge, as well as doing volunteer work at convalescent homes in the city," says June, "I'm glad she won the tickets - she deserves them."

Rose will visit her cousin in Las Vegas during the holiday season this year. "I've been wanting to visit my cousin very much, but just couldn't afford to fly there," says Rose, "We were so close when she used to live up here. I miss her very much."

S.L.U.G.s and Seniors Making Things Grow

Bernal Heights Senior Program receives \$12,500 grant award to develop community garden

For the last two years, Senior Program participants creatively used their limited resources to create a charming little flower and vegetable garden in the patio area of the Bernal Heights Neighborhood Center, using old milk crates and salvaged construction lumber as planter boxes. SLUG learned of the garden through their volunteers working with the seniors and invited the Senior Program to submit their ideas for a community garden which would be incorporated on SLUG's 1992 Community Development Block Grant proposal.

Preliminary plans for the community garden include redwood planter boxes, a trellis, deck and picnic tables. The Senior Program will maintain this community garden which will welcome neighbors to enjoy a quiet, peaceful green space. Vegetables and flowers will be planted with the help and guidance of SLUG and community volunteers.

The Senior Program hopes to attract more seniors who lack access to a garden because of cramped apartments, board & care homes or rented rooms. The garden will also be accessible to frail or wheel-chair bound seniors, as the planter boxes will be raised and will not require extensive bending. Those interested in helping to plan and develop the garden are invited to the project's first community meeting on Thursday, December 5th at 11:00 a.m. at the Neighborhood Center, 515 Cortland Avenue. Call 206-2145 for more information.

- Vicki Victoria



Photo by Vicki Victoria

Taking advantage of San Francisco's Indian Summer, Bernal Heights Senior Program participants (from the left) Rosie Tom, Alfredo Damoan, Garden Coordinator Xky Dixon, Anna Diffut and Emma Martinez tend to their patio garden on a sunny November morning.

1991 Bernal Heights Senior Program

Christmas Boutique



To benefit senior citizens in our community!

**Sunday
Dec. 8
9 - 3 pm**

**Arts & Crafts • Gifts • Decorations
Game Booths • Entertainment
Sunday Brunch • Jewelry**

Visit with Santa Claus from 12:00 - 2:00
All Children will receive a free candy bag!

Old fashioned prices! Family fun!

Admission Free!

1991 Christmas Boutique Coupon!



Good for one free spin
at the
Game Wheel Booth

Not redeemable for cash.

1991 Christmas Boutique Coupon!

**4 Breakfasts for
the price of 3**

Not redeemable for cash.



Bernal Heights Neighborhood Center
515 Cortland Ave. (at Andover), SF, 206-2142

CLASSIFIEDS

HOME CARE

Contractor: Quality work at reasonable rates. I do small repairs, decks and stairs, complete remodels, and additions. Seismic upgrades. Local references. Lic #459114. 861-7790

Super Handyman: Walls, doors, windows and floors. Maintenance, electrical and plumbing. Sheet rock, paint prep/ready, tiling, refinishing, remodeling by Olivier. 826-8766.

Moving/Hauling: Food Not Bombs activists. Fast, fair, reliable, experienced. Tom 641-7378.

Expert Affordable Housecleaning by mature women. References. Options Referral Services. A Non-profit community service. (of Options for Women over 40) 626-2128.

Window Repairs: Broken glass, ropes, and putty replaced. Weatherstrip doors, small carpentry and painting jobs. I am always on time. City Window Service. 337-9327.

Amir Window Washing Company. Free estimate. Inside, outside, homes, shops, all glass. Neat and reliable. 826-8958 ask for Amir.

Non-toxic housecleaning. I use only environmentally friendly products not tested on animals. \$12.00/hour. Bonded. 647-2463.

PROFESSIONAL SERVICES

Massage for People who care about themselves. Swedish, shiatsu, deep tissue, sports massage. Good for pain release & stress reduction. Call Rose, 641-5209.

"Fitnosis" - Personal Fitness Training enhanced by hypnosis. Let your mind help your body to get and stay fit. Begin now and get an early start on New Year's resolutions. Debra Bentley, M.S., ACSM certified instructor, certified hyno-therapist. (415) 824-4254.

Furniture stripped and refinished: Excellent work quickly done, includes pick-up and delivery, reasonable rates. Call Jim for an estimate: 621-4390 or 824-1180.

Magic Marketing - Logos, letterhead, business cards, flyers, brochures, ad copy and illustrations, plus the marketing strategies to make your enterprise take off. Chris Andreae (415) 648-1681.

The Travelling Mechanic: Tune-ups, brakes, general repairs, foreign and domestic. 15 years experience. All work guaranteed. House calls. \$40 per hour. Licensed and certified. Georgio. 864-5747.

CHILDCARE

Treat yourself to Christmas! Night/Weekend childcare. Experienced, certified, woman. Carey 641-7378.

PET CARE

Does Rover need Training? Exercise? A ride to the vet? Want to be sure Fluffy is content while you're away? Positively Pets can help! Training, problem solving, pet sitting, geriatric care, exercise, transportation. For all pets. 10 years experience. Bonded. References available. Senior discounts. 647-2463.

WANTED

Cash for furniture: Household items, rugs, jewelry, taxidermy & collectibles. One item or household. Quick, courteous service. Jim, 621-4390 or 824-1180.

CLASSIFIED ADS: ONLY 20¢ per word!

TOTAL _____ words @ 20¢ per word = \$
TOTAL ENCLOSED

20 word minimum. Hyphenated words count as 2 words. A phone number counts as 1 word. Placement order of an ad is at random at can not be requested. If you desire a tear sheet after publication, send a self-addressed stamped envelope and include a \$2.00 handling fee with your payment. If we misprint your classified ad and the error effects the value or content of your ad, we will repeat a corrected version in our next issue. PLEASE PRINT CLEARLY!

NAME: _____

ADDRESS: _____

DAY PHONE: _____

Send this form along with complete payment to the:
New Bernal Journal, 515 Cortland Avenue, SF, CA 94110

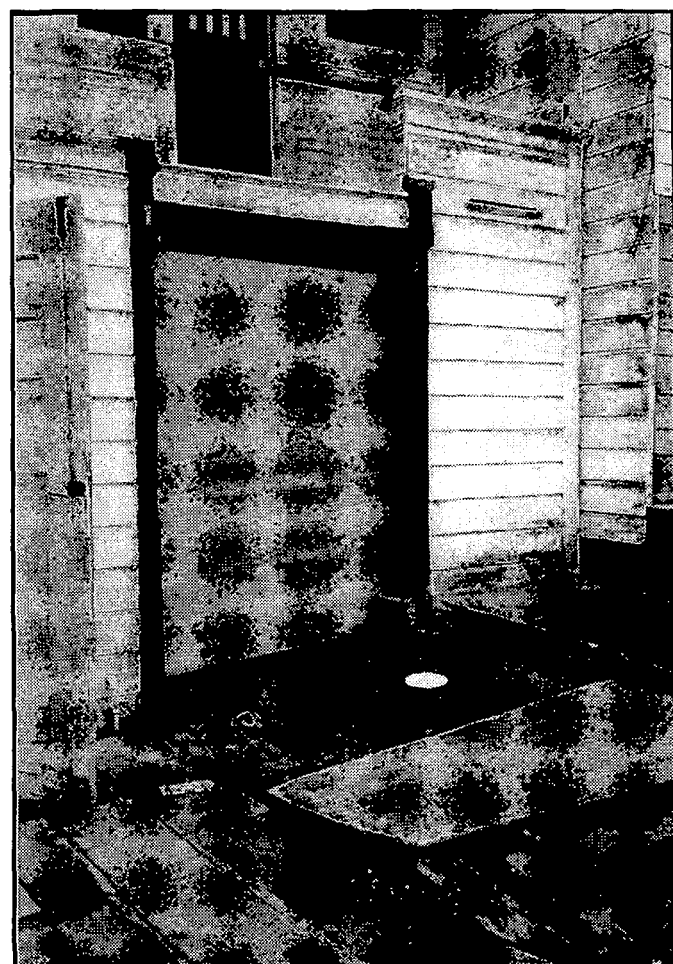
This Spring/Summer fix that house!

The Community Housing Rehab Program (CHRP) is beginning its 12th year here in Bernal Heights. Sponsored by the Mayor's Office of Housing and administered by the Bernal Heights Housing Corporation, it is again offering low-income (see chart) residents of Bernal Heights or low-income senior owner-occupants in other neighborhoods an opportunity to repair their houses.

From the beginning application to the acquiring of a 3% loan to the supervision of contractors and construction, it is a rare chance to solve all sorts of problems from foundations to roofing, worn out floors to painting, broken windows to insulation plus many other items.

More than 90 homes and apartments have been dramatically improved with funds of approximately \$1,188,495.00 over the past 11 years.

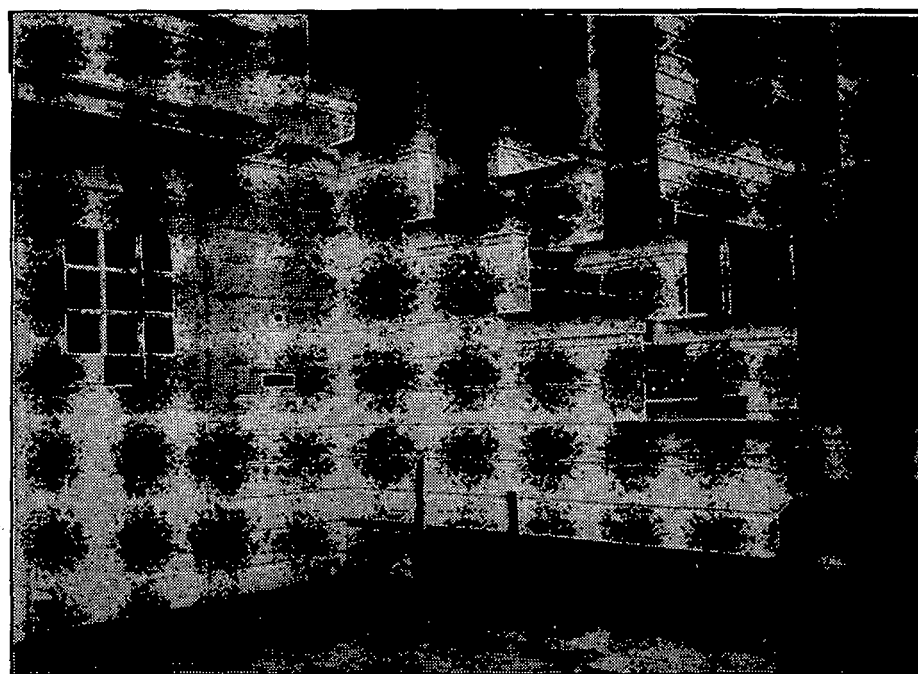
If you are interested in more information, please call Mike Noon, Rehab Director or Stella Loaisiga, Rehab Assistant at 206-2140.



Stark before and after photographs of this Folsom Street home display the work of the Rehab Program in the neighborhood. This residence's stairway (above) had greatly deteriorated and posed a severe safety hazard and had to be demolished. Thanks to the Rehab Program, it (below) is now a handsome as well as safe addition to the home.

CHRP INCOME LIMITS

Persons Per Family	Maximum Income
1	\$26,600
2	30,400
3	34,200
4	38,000
5	41,050
6	44,100
7	47,100
8	50,150



MASSAGE ON THE HILL

"When you want that special touch"

Massage:

- Relieves stress
- Eases sore, tired muscles
- Relaxes & nurtures body & spirit

Call Charles Seltzer, CMT
10 years experience
821-7607

licensed, certified, professional since 1981
Bernal Heights location
hours by appointment

25% Discount with this ad



Our Doctors Speak Your Language

Looking for a doctor who speaks your language? St. Luke's free Physician Referral Service will help you find a doctor to meet your special needs. Whether you're looking for a doctor who's male, female, speaks a second language, or accepts your insurance, we can help. Our physicians are members of our community and meet our high medical standards. They're just a phone call away.



Call 821-DOCS

Weekdays from 9 to 5, 821-3627

Astro-Rap

By Jessica Murray

November was a very intense month this year, with Mars and the Sun transiting together with Pluto in the sky. In the sign Scorpio, these three spelled breakdown and regeneration, so that whatever was re-hidden was and trans-

Then fiery took over, the passage of happens Nov. 22nd People felt intensity more expansive where swift and growth the rule for a

Take what learned from of Scorpio and emotion,

to your life now. The mysteries uncovered during November are supposed to fuel your ambitions during most of December.

And then, on the winter solstice, the collective mood shifts again. On Dec. 22nd just after the full moon, earthy Capricorn begins. We are in the time of grounding, and exuberance mellows into pragmatism. It is a month to get serious, and grow up.



whatever pressed or exposed formed.

Sagittarius monthly the sun that around each year. the focused shift into a sive mood, movement would be month.

lessons you the month about depth

and apply them

Bernal Heights
YEAR ROUND APPOINTMENTS
REASONABLE RATES

Bernal
TAX-SERVICES

INCOME TAX
FEDERAL & STATE
NOTARY PUBLIC & BOOKKEEPER

FLORA L. ALEXANDER, T.P.
501 CORTLAND AVENUE
SAN FRANCISCO, CA 94110

(415) 641-4922
RES. (415) 993-6811

**Personal
Service...**

Experience...

Results...

Susan

M. SUSAN HUGHES
BROKER

Bernal Heights resident since 1978

664-9175 ext. 233 Office

824-1533 Residence

FRANCISCAN PROPERTIES

FORMAYOR
The Sierra Club,
The League of
Conservation
Voters &
San Francisco
Tomorrow

S U P P O R T
Art
Agnos

"The clear environmental choice."

SIERRA CLUB

*"A strong & effective advocate for
the environment."*

LEAGUE OF CONSERVATION VOTERS

*"Committed to protecting our
neighborhoods."*

SAN FRANCISCO TOMORROW

VOTE TUESDAY, DECEMBER 10th

Agnos for Mayor • 810 Van Ness • SF 94109 • To volunteer, call 346-0800

JC SUPER

820 CORTLAND AVENUE, S.F.

YOUR NEIGHBORHOOD SUPER MARKET!

Sunday - Thursday, 7:00 am - 9:00 pm
Friday - Saturday, 7:00 am - 10:00 pm
Groceries: 648-4656, Meat Department: 648-4657

GROCERIES

SUNSHINE SALTINE CRACKERS 1 LB. BOX 99¢	FAMILY SCOTT TOILET TISSUE 99¢	DEL MONTE TOMATO SAUCE 8 OZ. 5/\$1.00
KAEL'S EGGS 18 PK. LARGE \$1.69	SCOTT BIG ROLL TOWELS 99¢	FRISKIES CAT FOOD 6 oz 3/\$1.00
B.H. CELLO BREAD 3/\$1.00	EMBASSA JALAPEÑOS WHOLE OR SLICED 26 OZ. \$1.99	PINE MOUNTAIN FIRE LOGS HANDY SIZE 6 PK. \$9.98
CHALLENGE BUTTER 1# CUBES \$1.99	WELCH'S GRAPE JELLY 32 OZ. \$1.79	PACIFIC STAR WHOLE BABY CLAMS 28 OZ. \$1.99
CALIFORNIA HOT WOOD NATURAL OAK FIREWOOD .75 CU. FT. \$4.99	BERKELEY FARMS ICE CREAM 1/2 GAL. PREMIUM FRESH \$2.49 EGG NOG \$1.49 QT.	GOLD MEDAL FLOUR 5# BAG \$1.39

EVERY DAY LOW PRICES!

BH SODA 2 LITER	99¢+CRV
MI RANCHO CORN TORTILLAS	4/\$1.00
BH RAMEN NOODLES	6/\$1.00
GOOD MEASURE PINE DISINFECTANT 28 OZ.	\$1.09
GOOD MEASURE LIQUID DETERGENT 32 OZ.	99¢
HART WHOLE KERNAL CORN 3 OZ.	2/89¢
FIGARO CAT FOOD 6 OZ.	4/\$1.00
EMBASSA HOT OR MILD JALAPEÑOS	
RED OR GREN SALSA 18 OZ.	\$1.69
OCELLO SPONGES 4 PK.	89¢
SOFT LIQUID SOAP SHOWER GEL	\$1.89

FRESH PRODUCE

POTATOES 10# BAG	99¢
LETTUCE	69¢
PISTACHIOS IN THE SHELL	\$2.99/LB.
TOMATOES	49¢/LB
ORANGES	49¢/LB
WALNUTS DRY IN THE SHELL	79¢

MEATS

LEG OF LAMB	\$2.39/LB
CROSS RIB ROAST	\$2.49/LB
FOSTER FARMS	FOSTER FARMS
WHOLE FRYERS	79¢/LB
PIGS FEET	69¢/LB
PATTA	1.29/LB
HOGS MAWS	89¢/LB
PIGS EARS	89¢/LB
PIG TAILS	89¢/LB
PORK BUTTS	\$1.29/LB
PORK BUTTS BONELESS	\$1.49/LB
PORK NECK BONES	49¢/LB

GROUND CHUCK FAMILY PACK	99¢/LB
FILET MIGNON STEAKS	\$5.99/LB
PORK CHOPS CENTER CUTS	\$2.89/LB
RIB LOIN PORK CHOPS	\$1.59/LB
LARGE LOIN PORK CHOPS	\$1.79/LB

LIQUOR

MANY MORE WINES ON SALE FOR THE HOLIDAYS

STOLICHNAYA VODKA 750 ML	\$12.39
KAHLUA 750 ML.	\$13.59
GORDON'S VODKA LITER	\$6.99
BOMBAY SAPPHIRE GIN 750 ML	\$16.99
KORBEL BRANDY 750 ML	\$7.49
KENDEL JACKSON'S PROPRIETORS CHARDONNAY '87	\$19.99
LOUIS MARTINI CABERNET SAUVIGNON MONTE ROSSO '85	\$18.99
CAKE BREAD CABERNET SAUVIGNON '86 & CHARDONNAY '88	\$18.99
BUDWEISER 12 OZ CANS 6 PACK	\$3.69+CRV



PRICES EFFECTIVE THROUGH 12/15/91
MANY MORE SPECIALS THROUGHOUT STORE!

WE ARE NOT RESPONSIBLE FOR PRINTING ERRORS

